



## QUAKERTOWN LIFESPAN SCHOOL AGE NOVEMBER SNACK MENU 2023



	Monday		Tuesday		Wednesday		Thursday		Friday										
Week 10/30-11/3	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>AM/PM</b>									
Grain	1oz Honey Graham Toasters 8oz 1%Milk 4oz Pineapples	1pk Strawberry Chex Mix 6oz White Grape	1 Cornbread Muffin 8oz 1%Milk 4oz Mixed Fruit	1pk Choc Bears 8oz 1% Milk	1oz Frosted Flakes 8oz 1% Milk 4oz Pears	1oz Frosted Flakes 8oz 1% Milk 4oz Pears	1 pk Cheddar Goldfish 6oz Apple Juice	1 Blueberry Muffin 8oz 1% Milk 4oz Mandarin Oranges	1 pk Heartzels 6oz White Grape	1 oz Cinn Toasters, 8oz 1%Milk 4oz Applesauce	1 pk Traditional Sun Chips 6oz Apple Juice								
Dairy																			
Fruit/Veg.																			
Other																			
Week 11/6-11/10	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>AM/PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>									
Grain	1 Blueberry Muffin 8oz 1% Milk 4oz Pineapples	3/4 c Wheat Thins 1 Cheese stick 6oz Apple Juice	1 oz Frosted Flakes 8oz 1%Milk, 4oz Pears	1 pk Popcorners 6oz Apple Juice	1 Cornbread Muffin 8oz 1%Milk 4oz Mixed Fruit	1 Cornbread Muffin 8oz 1%Milk 4oz Mixed Fruit	1 pk Trad Chex Mix 6oz Apple Juice	1 pk Crispy Rice 8 oz 1% Milk 4oz Applesauce	1pk Ritz Bits 6oz White Grape	1oz Honey Grahams 8oz 1%Milk 4oz Mandarin Oranges	3/4 c Triscuits, 1 Cheesestick 6oz Apple Juice								
Dairy												1 pk Cheez-Its 6oz White Grape	HOLIDAY CARE	HOLIDAY CARE					
Fruit/Veg.																			
Other																			
Week 11/13-11/17	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>									
Grain	1 Cornbread Muffin 8oz 1%Milk 4oz Mixed Fruit	3/4 c Pretzel Wheels 6oz White Grape	1oz Cinn Toasters 8oz 1%Milk 4oz Pears	1pk Sports Bites 6oz Apple Juice	1oz Rice Chex 8oz 1% Milk 4oz Pineapples	1oz Rice Chex 8 oz 1% Milk 4oz Pears	1 pk Ched Goldfish 6oz Apple Juice	1 Blueberry Muffin 8oz 1% milk 4oz Mixed Fruit	1pk Animal Crackers 8oz 1% Milk	1oz Frosted Flakes 8oz 1% Milk 4 oz Applesauce	3/4 c Wheat Thins 1 Cheese stick 6oz Apple Juice								
Dairy																			
Fruit/Veg.																			
Other																			
Week 11/20-11/24	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>AM/PM</b>									
Grain	1oz Honey Grahams 8oz 1% Milk 4oz Pineapple Tidbits	1 pk Ched Chex Mix 6oz Apple Juice	1 Cornbread 8oz 1% Milk 4oz Mandarin Oranges	2-2pk Ritz Crackers 1 Cheesestick 6oz White Grape	1oz Rice Chex 8 oz 1% Milk 4oz Pears	3/4 c Triscuits, 1 Cheesestick 6oz Apple Juice	<b>CLOSED</b>	<b>CLOSED</b>	1oz Cinn Toasters 8oz 1%Milk 4oz Pears	1pk Ched Goldfish 6oz Apple Juice	1pk Ched Goldfish 6oz Apple Juice								
Dairy																			
Fruit/Veg.																			
Other																			
							<b>Happy Thanksgiving</b>	<b>Happy Thanksgiving</b>											
										1pk Ritz Bits 6oz White Grape									
									<b>HOLIDAY CARE</b>	<b>HOLIDAY CARE</b>									
Week 11/27-12/1	<b>BREAKFAST</b>	<b>AM/PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>									
Grain	1oz Crispy Rice 8oz 1% milk 4oz Mixed Fruit	3/4 c Triscuits, 1 Cheesestick 6oz Apple Juice	1 Blueberry 8oz 1%Milk 4oz Mixed Fruit	1pk Choc Bears 8oz 1% Milk	1oz Frosted Flakes 8oz 1% Milk 4oz Pears	1oz Rice Chex 8 oz 1% Milk 4oz Pears	1 pk Ched Chex Mix 6oz Apple Juice	1oz Cinn Toasters 8oz 1%Milk 4oz Pears	2-2pk Ritz Crackers 1 Cheesestick 6oz White Grape	1 Cornbread Muffin 8oz 1%Milk 4oz Mixed Fruit	1 pk Heartzels 6oz Apple Juice								
Dairy												1 pk Cheddar Goldfish 6oz Apple Juice	HOLIDAY CARE	HOLIDAY CARE					
Fruit/Veg.																			
Other																			